

Greetings!

## Speaking of Mindful Wellness...

### Speaking of Mindful Wellness...

- Confidence Starts with Knowing Your Normal. A mindful monthly practice that builds awareness, reduces fear, and strengthens your partnership with your body.
- Thank you for your Service - New 10% Discount on Thermography Scans available for Active and Retired Military Personnel.
- HerScan is back at Mindful Wellness the week of March 23rd and June 22nd!
- Check out the Breast Care Corner - A More Complete View of Breast Health. Awareness Creates Confidence.
- Are you interested in hosting a fun evening at your home with friends? Robin and I are happy to share information about breast health and thermography. Plus, you earn hostess incentives to put toward your thermography scan. See our Hostess Incentives Section below.

Yours in health & Wellness,  
Jacky

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*Nurture Your  
Self-Care*

*Know Your Normal*

BREAST MAPPING for BODY AWARENESS



## **Confidence Starts with Knowing Your Normal**

When we talk about breast health, the focus is usually on Breast Self-Exams and screenings like thermography, ultrasound, and mammograms. While those are important, there's another practice that invites something deeper — presence, connection, and self-trust.

It's called Breast Mapping.

Breast Mapping isn't just about detecting disease. It's about developing a relationship with your body — learning the rhythms, textures, and subtle language of your breasts so you can recognize change from a place of awareness rather than fear.

Confidence starts with knowing your normal.

### **What Is Breast Mapping?**

Breast Mapping is a mindful monthly practice of getting to know your breast tissue over time.

Instead of simply asking, "Do I feel a lump?" you begin asking:

- What does my tissue normally feel like?
- Where am I naturally dense or fibrous?
- How do my breasts change throughout my cycle?

- What feels consistent month after month?

Every woman's breasts have their own landscape. Some are soft and even. Others are naturally nodular or rope-like. Hormones, stress, thyroid function, and life stages all influence texture and density.

There is no single normal — only your normal.

Breast Mapping helps you discover it.

### **Beyond a Routine**

Traditional self-exams can feel like a task to check off a list. Breast Mapping shifts that approach.

Instead of scanning for problems, you slow down. You breathe. You connect.

Over time, this practice becomes:

- A moment of self-care
- A way to track hormonal patterns
- A monthly body check-in
- A ritual of self-trust

And familiarity reduces anxiety. When you know what typically fluctuates, you can more confidently identify something that truly feels new.

### **The Hormonal Connection**

Breasts are hormonally responsive tissue. They change with:

- Your menstrual cycle
- Pregnancy or postpartum shifts
- Peri-menopause and menopause
- Stress
- Thyroid function
- Inflammation

Mapping helps you recognize patterns — fullness before your period, tenderness during stress, or gradual density changes with age. Instead of being surprised, you begin to understand.

### **How This Compliments Thermography**

Breast Mapping does not replace screening.

It compliments:

- Thermography
- Mammography
- Ultrasound
- Clinical exams

Thermography helps identify physiological patterns. Breast Mapping helps you track physical patterns at home. Together, they create a strong partnership between self-awareness and professional evaluation.

### **When to Seek Medical Evaluation**

Contact your healthcare provider if you notice a persistent new change, such as:

- A distinct lump
- Localized thickening
- Skin dimpling
- Unusual warmth or redness
- Nipple inversion or discharge
- Swelling in the underarm

Awareness is empowering when paired with appropriate medical care.

### **Your Next Step**

We've created a printable Breast Mapping guide for you.

Download it.

Print it.

Use it monthly.

Share it with the women you love.

And if you're due for your thermography scan, bring your completed page so we can review changes together.

Breast health awareness isn't a once-a-year conversation. It's a relationship — built month by month. And confidence begins when you know your normal.

[Click to Download Your Breast Mapping Guide](#)

**Continue your proactive approach — schedule your first or follow-up thermography scan today.**

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography or Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio Kentucky & Indiana.

### Upcoming Events Check out

We are working with our lab locations to offer scans and keep everyone healthy. See below for our February dates at our partner lab locations.

#### Mobile Thermography Scans...

Please contact Robin Hanson-Gobell directly to schedule your scan at a convenient location near you.

#### 513-443-5161

True2Form Chiropractic - West Chester,  
OH **call for more details**

Fully Alive Integrative Health - Springboro,  
OH **call for more details**

Advance Chiropractic & Nutrition - Eastgate,  
OH **call for more details**

Versailles Medical Massage - Versailles,  
OH **call for more details**

Children's Family Chiropractic - Fort Wright,  
KY **Friday, March 20th**

Harrison Chiropractic & Wellness -Harrison,  
OH **call for more details**

Family Tree Chiropractic & Wellness - Blue  
Ash, OH **call for more details**



### Take Charge of Your Health

Don't wait for symptoms—take proactive steps to safeguard your well-being. Routine screenings, like breast thermography and ultrasound, are essential tools for early detection and optimal health.

HerScan is returning to Mindful Wellness!

This trusted mobile ultrasound provider does not require a doctor's referral and offers convenient, affordable access to breast screening.

Turning Point Health & Wellness - Dayton, OH **Thursday, March 19th**

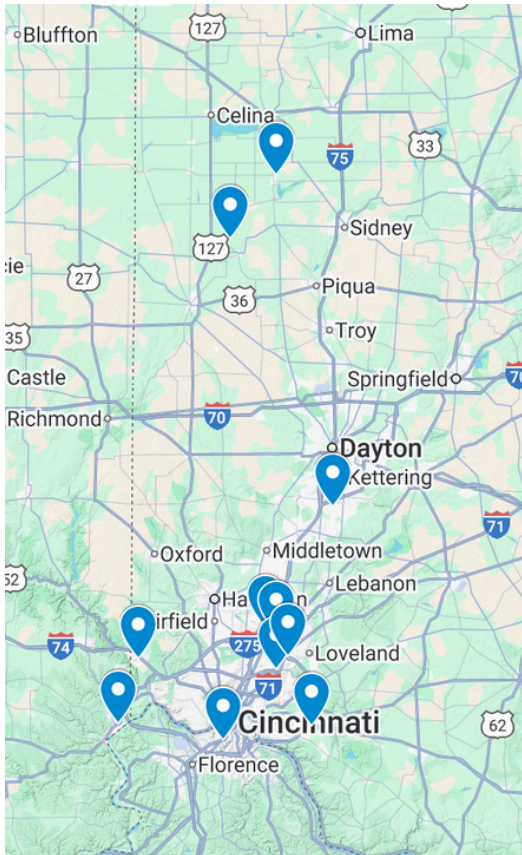
Optimize U - Blue Ash, OH **call for more details**


Natural Health Direct Primary Care, LLC - Lawrenceburg, IN **Monday, March 23rd**

Spieles Chiropractic Clinic - Minster, OH **call for more details**

Click to find out how to schedule at one of our mobile locations!


Check out the map! We're bringing thermography to a location near your.




 Upcoming Dates at Mindful Wellness:

- Week of March 23rd
- Week of June 22nd

Appointments fill fast—reserve yours now!

 **Pro Tip:** Schedule your ultrasound first, preferably at least 2 weeks before your thermography scan to leave plenty of time for you to get your results, Once your ultrasound results are in, you can forward them to us to upload into your patient file in our database. This allows our thermography doctors to include that data in their interpretation—offering you a more complete and accurate picture of your breast health. The same applies for any recent mammograms, MRIs, or biopsies. Start building your baseline today—it's never too late.

 Book your appointment at [HerScan.com](https://www.HerScan.com)



# THANK YOU FOR YOUR SERVICE

WE ARE OFFERING A 10% DISCOUNT ON THERMOGRAPHY  
SCANS TO OUR VALUED VETERANS AND ACTIVE MILITARY  
PERSONNEL

Discount cannot be combined with other discounts. (except Referral Discounts).  
Present your military ID to receive 10% off.



**Set up your first or follow-up Thermography Scan today!**

Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography  
or  
Robin at 513-443-5161 for our Mobile Thermography Locations in Ohio  
and Kentucky.

**Breast  
Care  
Corner**

**A More Complete View of Breast Health**

[Click here for more  
valuable breast](#)



## Awareness Creates Confidence

Breast health is more than a once-a-year appointment. It's an ongoing relationship with your body.

When you take time each month to check in — to notice texture, density, tenderness, and natural fluctuations — you begin to build familiarity. And familiarity reduces fear. Your breasts are influenced by hormones, stress, thyroid function, inflammation, and life stage. Changes throughout the month can be completely normal. The key is recognizing what is typical for you.

That's where awareness becomes powerful.

When you know your normal, you're better able to identify something that truly feels new or different. And when that happens, you don't panic — you take informed action. Pairing monthly awareness with appropriate imaging provides a more complete picture. Thermography allows us to observe physiological patterns and inflammatory changes that may not be physically felt, while your at-home awareness helps track physical changes over time. Together, they create partnership — not fear.

If it's been a while since your last scan, or if you've noticed a change you'd like reviewed, we're here to support you. Confidence grows when awareness and professional guidance work hand in hand.

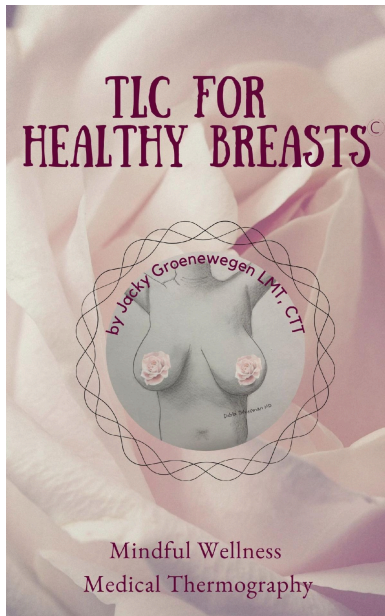
[Download your Breast Mapping Guide.](#)

Support your Breast Health and Book Your Thermography Scan Today!

☎ Call Jacky at 513-382-3132 for Mindful Wellness Medical Thermography

☎ Call Robin at 513-443-5161 for our mobile thermography locations in Ohio, N. Kentucky and Indiana

🌐 [www.mindfulwellnessmedicalthermography.com](http://www.mindfulwellnessmedicalthermography.com)



## News flash..

### TLC for Healthy Breasts

We're here to support you in restoring and maintaining vibrant breast health—an important topic that often gets overlooked. The good news? There's so much you can do to care for your breasts, and it starts with a little TLC.

✨ Track your progress with a Thermography Scan!

Purchase our TLC for Healthy Breasts eBook and receive \*\$20 off your thermography scan with Jacky!

What's inside the eBook:

- Step-by-step instructions for effective breast massage
- Clear photos to guide your technique
- Easy-to-follow written directions
- Insight into how and why breast massage supports your lymphatic system

🎉 **Buy now for just \$20 (tax included)**

Feel free to share the link with your breast friends—they'll want their own copy too!

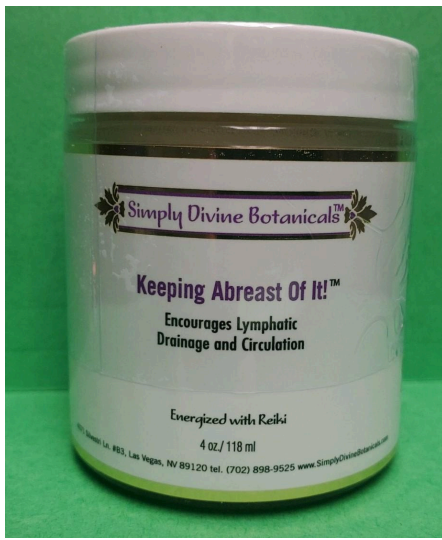
And don't forget: save your receipt to redeem your \$20 discount on your scan with Jacky.

Fine Print:

- \$20 coupon valid for one-time use only.
- Offer applies exclusively to thermography scans with Jacky.
- Must present your email receipt at the time of your scan.
- Cannot be combined with other promotions.
- Non-transferable.

Ask me how you can save  
15% on your supplements.

Call or text Jacky at 513-382-  
3132



### Keeping Abreast Of It

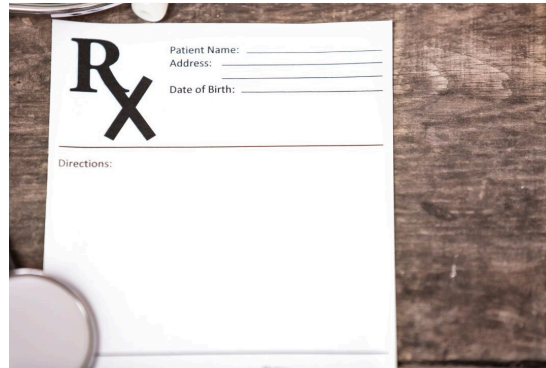
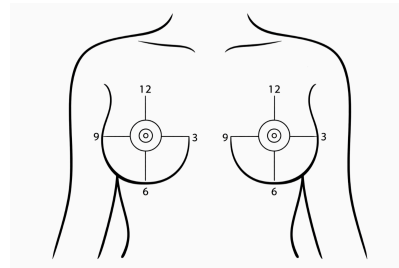
- Potent, energetically balanced formula contains herbs and essential oils specific to lymphatic drainage.
- Helps promote healthy breast tissue by encouraging circulation and enhancing lymphatic flow.
- Also beneficial for testicular issues, post-op lymphoedema and works great on swollen ankles!
- Rub into underarm area, groin, neck and breast tissue two or more times daily to create or maintain wellness.
- \$29.95 (plus tax)

Formulated with: Unconditional Love and Gratitude, Organic Whole-leaf Aloe Vera, Borage Seed Oil, Organic Rosehip Seed Oil, Evening Primrose Oil, Aloe Butter, Castor oil, Beeswax, Orange Oil, Grapefruit Oil, Cypress oil, MSM, Olive Oil infused with St. John's Wort and Calendula, Chaparral, Poke Root, Echinacea, Pau D'Arco, Essential Oils of Tangerine, Lemon, Clove, Lemongrass, Lavender, Marjoram, Thyme, Cedarwood, Ginger, Juniper, Rosemary, Myrtle, Clary Sage, Nutmeg and Helichrysum, Co-Enzyme Q-10, Vitamin E and Electrolyzed 24kt Gold.



Click for more information about  
Lymphatic Body Brushing

[Click to Download Your Breast Mapping Guide](#)



### Have a Prescription for Massage?

Bring in your prescription renewal, get \$10 off your next massage.

The Ohio sales tax will be added to all massage prices unless a doctor's prescription is presented at the time of service.

This prescription will be good for an entire year.

## Hostess Incentive

Invite your breast friends to learn more about thermography....

Hostess receives \$50.00 for providing the space for Robin to come and do her presentation. (To be put towards her thermography scan.)

It can be virtual or in person.

Then she also receives an additional \$25.00 (to be put towards her scan) for every scan booked and performed as a direct result of the presentation.



## Can you help me?



Do you have a few moments to share your opinion?

We're asking for your support?

Leave a GOOGLE REVIEW

Leave a FACEBOOK REVIEW

Thank you for being a loyal customer. As a locally-owned business, we strive to provide the highest quality service and care deeply about how our work affects customers like you.

As such, we would love if you could send us an email and tell us what we can do to better serve you next time.

Of course, we hope you enjoyed the level of service you received. If so, we would love if you could leave your feedback on our Google Business Page or Facebook so we can help others on a health journey like you! Every review helps build credibility for future customers and your feedback would be greatly appreciated.

Thank you for taking time out of your day. We greatly appreciate it!

## Looking for more....

Buy a Gift Certificate

Get your Thermography or Massage Gift Certificate.

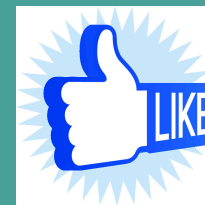
Every penny counts! Remember that you can avoid paying Sales Tax for massage therapy by getting a prescription from your doctor or chiropractor. All it needs to say is "Massage as needed." The doctor then signs and dates it and TA DA, it's good for an entire year!!!

Schedule an Appointment

Schedule your Thermography scan online. Contact Jacky or Robin for more times!

Our Mobile Locations

Brining Thermography to you! Click to find a location near you!



Like me on **Facebook** to receive short therapeutic wellness tips to help your mind and body feel better.



### Contact Us

Phone: 513-382-3132 Jacky

Phone: 513-443-5161 Robin

*e-mail Jacky*

Website

[www.MindfulWellnessMedicalThermography.com](http://www.MindfulWellnessMedicalThermography.com)

[www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com)

[www.HolisticHealthMobileThermography.com](http://www.HolisticHealthMobileThermography.com)



Visit our Website

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